



The Cold Half

15K Extreme Winter Swim Marathon
Hong Kong Island
Saturday, February 23, 2013

The "Cold Half", modeled after Asia's top extreme ocean swim, the Clean Half... except the water temp is more like a good channel crossing. This is a perfect training ground for your next big swim.

This is a SOLO race only, or 2-person Relay. If a relay, the changeover cycle is mandated at every 30 minutes, a motorboat for support is required. You will depart from Stanley Main Beach, and finish at Middle Island Beach. A BBQ and "warm up" dinner will be held at Royal HK Yacht Club in front of Hong Kong's only fireplace!



Note: The expected water temperature is 20-21°C (68-69.8°F) with an expected air temperature that can range from 12.7-22°C (55-72°F). For some this is NOT cold! But for "us" in Hong Kong, it is. ☺

No Plastic bottles are allowed on this adventure, so please pack re-usable containers.



WATCH OUR PLASTIC FOOTPRINT!



What When Where

A new 15km winter marathon swim in Hong Kong Island from Stanley Main Beach to Middle Island Beach.

To offer a challenge to swimmers with different body types and motivations, there will be 2 categories:

- 1) "Naturally Ocean"
- 2) "Wetsuited and Buoyant"

Date: Sat. Feb 23, 2013

Time: 11am start

Awards and After Event:

Royal HK Yacht Club for BBQ and "warm up" dinner in front of HK's only fireplace!

Cost:

\$2,000 with a support paddler
 \$4,500 with a support motor boat
 (mandatory for relays, no extra cost for partner swimmer)

This event is only for swimmers with confidence and dare. Advanced swimmers only please.

How

Registration for **The Cold Half** is on a first come basis. Deadline is **February 16, 2013**.

For information and registration requests, contact Shu Pu at kittyp4@hotmail.com, and then send us your payment as per instructions.

Payment

Please mail cheques payable to **"Douglas Woodring"** and send to **Doug Woodring** c/o "The Cold Half", 6B Bonham Court, 12 Bonham Road, Midlevels, Hong Kong.

Please include your name, email and tel number on the back of the cheque.

For overseas swimmers, please contact doug@oceanrecov.org for payment information.

www.oceanrecov.org
www.thecleanhalf.com

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